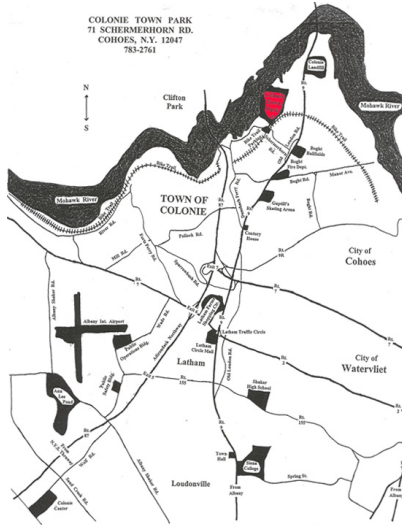


**Directions: Pavilion #2 in park, 71 Schermerhorn Rd Cohoes, NY 12047**

**From the NYS Thruway** - Exit 24 North onto Rt. 87 (Adirondack Northway) Take Exit 7 towards Cohoes-take right turn onto 1st ramp to Route 9. Take a right onto Rt. 9 and drive 2.2 miles to Old Loudon Road. Take a Left on Old Loudon Road and then take your first left on to Schermerhorn Road. Follow Schermerhorn Road to the Colonie Mohawk River Park.



**From Rt. 7 (Schenectady)** - At Latham Traffic Circle head North onto Rt. 9. Continue on Rt. 9 for 2.9 miles. You will pass Guptill's Skating Arena on your right, continue North on Rt. 9. Take a left on to Old Loudon Road and then take your first left on to Schermerhorn Road.

**From the North (Rt. 87)** - Exit Northway at Exit 8. Take a left from the exit onto Vischer Ferry Rd. At Rt. 9 intersection take a right and cross the Crescent Bridge, pass the landfill. Approx. 2 miles from Exit 8, take a right turn onto Old Loudon Road at the Colonie Town Park/Pool Sign. Take your first left on to Schermerhorn Road. Follow Schermerhorn Road to the Colonie Mohawk River Park Sign.

**From the East (Rt. 787)** - Take Saratoga-Latham Exit. Take ramp labeled Latham. At the light take a left on to Rt. 9. Continue driving North on Rt. 9 for approximately 2 miles. You will pass Guptill's Skating Arena on your right, continue North on Rt. 9 through Boght Corner. Shortly after this intersection take a left on to Old Loudon Road and then take your first left on to Schermerhorn Road. Follow Schermerhorn Road to the Colonie Mohawk River Park Sign.

ESCV is only one of over 250 clubs affiliated with the American Volkssport Association (AVA). There are over 3,000 walking events, bikes, occasional swims and snowshoes every year in most of our 50 states. All events are open to the public. For more information about our Club or AVA, please send your request, including your name, address & phone:

### **Empire State Capital Volkssporters**

PO Box 5464, Clifton Park NY 12065-5464

or visit our website:

[www.walkescv.org](http://www.walkescv.org)



## **Colonie Mohawk River Park**

**10k/5k Walk, BBQ, & Picnic**

**Saturday, October 16, 2021**

Sponsored By

**Empire State Capital Volkssporters**



**Special Programs:**

- Walking the USA -50 States and Capitals • Walking the USA, A-Z •

Eligible for credit towards IVV Achievement Awards

Sanctioned Event #

**# 118855**

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## AVA Rules & Conditions

**Registration:** Begins at 10:15 AM *The park does not open until 10 am*  
Free for ESCV walkers

**Start Time:** Anytime between 10:15 AM -12 PM

**Finish Time:** By 3:00 PM

**Lunch:** ESCV's annual Oktoberfest will follow the walk. Grilled sausages, hot dogs and a variety of accompaniments provided by the club requires pre-registration and an additional payment of \$6 per person. Registration forms will be available on the club's website [www.walkescv.org](http://www.walkescv.org).

**Trail Rated:** The walk is rated 2B for both the 10k and 5k routes  
A few short hills grassy areas and bike path.

**Dogs, Wheelchairs & Strollers:** No

**Stipulation:** There is no walk preregistration and this walk will take place regardless of weather. At time of registration, each participant accepts the guidelines for AVA Volkssport events.

**Procedure:** Each participant must register and sign a waiver at the "Start" table.

**Event Fees:** All Walkers now pay \$ 3.00

**IVV Books:** Event & Distance books will be available at the Start/Finish for \$6.00 each. You may receive (1) Event Credit for this trail, and Distance Credit may be earned each time the course is completed.

**New Walker Kits that contain both Event & Distance books are free to new walkers who pay and join ESCV**

**Disclaimer:** The American Volkssport Association, ESCV, Town of Colonie, or any properties associated with this walk, cannot be held responsible for any lost or stolen items, damage, accident or injury of any kind, at any time. Every effort has been made to make this a safe and enjoyable event.

**Restrooms/Water:** Yes, at beginning/end and midway on 5K route.

**For further information regarding this event, please call or write:**

Brian & Liz Walsh 518-257-6884 OR 518-265-8520  
OR [lizwalsh48@gmail.com](mailto:lizwalsh48@gmail.com)

## Early History of the Town of Colonie

To a large degree the Town of Colonie was shaped by events that took place some ten to fifteen thousand years ago. This was a period when the last of the great continental glaciers began to recede. As the ice melted, it left behind the debris which the glacier had carried during the last advance. A prominent example, that is visible today, is a geological feature called an esker. It is a long and narrow accumulation of sediments, grading from boulders to coarse gravels to finer sands and clays. These sediments were laid down by melting water flowing under the edge of the ice sheet. The esker in Colonie runs from the Dunsbach Ferry area, through Latham and Loudonville, and finally disappears near Albany.

The lowland areas of the Hudson and Mohawk Valleys are characterized by long alluvial flats. These were the first lands selected by both the Indians and the early Colonists, since the continual flooding created fertile soils for agriculture. The alluvial flats along the Mohawk River near the Mohawk View area was designated by the Indians as "Canastagione", a name that had many spellings, and eventually became Niskayuna. "Canastagione" referred to the Indian corn fields on the Mohawk.

The Town of Colonie was formed in 1895 and received its name from the Dutch "Colonye" meaning the settlement outside the city. The name can be traced to maps used by the Dutch patrols in the 1600's.

Formally known as the Colonie Town Park, the Colonie River Mohawk Park is located on the banks of the Mohawk River. The river served as a major component of the Erie Canal and played an important role in the development of New York State and the opening of the West to settlement. Most of the traffic today is recreational rather than commercial.

The park with its pool complex was opened in the summer of 1967. It has 160 acres that include the swimming pool, picnic and playground areas, wooded walking trails, tennis courts, a boat launch, a covered bridge and even a dog park. Admission is free to walk-ins during the off-season but there is a charge during the warmer months.

